

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, rates for the adult population were significantly better for two indicators in the South Heartland District Health Department area. A smaller proportion of adults said they did not have a personal doctor or health care provider, compared to Nebraska. More adults aged 50 and older reported having a blood stool test in the past two years.
- Rates for two indicators were significantly worse in the South Heartland District, compared to the state. A greater proportion of adults reported symptoms indicating they experienced serious psychological distress (SPD) in the past 30 days. Fewer adults aged 50 and older ever had a colonoscopy or sigmoidoscopy.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- Improvements were noted in the South Heartland District for two indicators. The proportion of adults who participated in the recommended level of moderate and/or vigorous physical activity increased significantly from the 2005 baseline.
- Prevalence of current cigarette smoking decreased significantly from the 2005 rate.

HEALTH CARE ACCESS

Among respondents aged 18 to 64 years in the South Heartland, 15.9 percent reported having no health insurance at the time of the survey.

In 2007-2008, 10.6 percent of adults stated they did not have a personal doctor or health care provider—a significantly lower rate than the state average of 15.7 percent. Men in the South Heartland (12.8 percent) were also significantly less likely than men statewide (20.1 percent) to report not having a personal physician.

At some time in the past year, 9.5 percent of South Heartland adults needed to see a doctor but could not due to the potential cost of care.

In the current study, 60.5 percent of adults in this area reported visiting a doctor for a routine checkup in the past year. Men (54.5 percent) were significantly less likely than women (66.6 percent) in this area to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the South Heartland District, 10.5 percent of adults indicated their household was not prepared for a major disaster. Eight out of ten adults (78.2 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in this area (56.0 percent) did not have a three-day supply of water on hand. Although most households in this county had a three-day supply of non-perishable food, respondents from 13.0 percent of households said they did not. Similarly, 6.9 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

In this area, 14.5 percent of respondents did not have a working battery-powered radio, while 2.7 percent of households did not have a working battery-powered flashlight at the time of the survey.

The great majority of BRFSS respondents in the South Heartland said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 6.3 percent stated they would not do so.

Three-fourths of the respondents in this district (73.3 percent) indicated they would use a cell phone as their primary means of communication with family and friends in an emergency situation.

More than one-half (53.3 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among South Heartland adults, 85.0 percent considered their general health “good”, “very good”, or “excellent. Women in this district (83.0 percent) were significantly less likely than Nebraska women overall (88.3 percent) to rate their health this positively.

Adults averaged 3.2 days in the past month when their physical health was “not good”, while they reported an average of 2.8 days when their mental health was “not good”.

Among adults who reported days when physical or mental health was “not good”, these problems prevented them from participating in their usual activities an average of 3.8 days in the past month.

DISABILITY

In 2007-2008, 18.6 percent of adults in this area stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 6.1 percent of adults in this area.

MENTAL HEALTH

Compared to Nebraska adults overall (2.4 percent), a significantly larger proportion of South Heartland adults (7.0 percent) reported symptoms indicating that they experienced serious psychological distress (SPD) in the past 30 days.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 5.2 percent of adults in this district.

A larger proportion of adults (14.0 percent) said they had ever been diagnosed with a depressive disorder, while 6.9 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life.

CARDIOVASCULAR DISEASE

In the South Heartland area, 4.3 percent of adults said they ever had a heart attack. Men (6.7 percent) were significantly more likely than women in the area (2.3 percent) to report ever having a heart attack.

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 4.4 percent in this area.

Fewer South Heartland respondents (1.9 percent) said they had ever been told by a health professional that they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 25.4 percent in 2007.

Three-fourths of South Heartland adults (75.0 percent) ever had their cholesterol level checked and 71.5 percent had it tested in the past five years. Women were significantly more likely than men to say they ever had their cholesterol checked (83.4 percent vs. 67.2 percent for men). They were also significantly more likely than to report having this test during the past five years (80.1 percent for women vs. 63.3 percent for men).

Among respondents who ever had their blood cholesterol level checked, 35.2 percent had been told it was high.

DIABETES

Among adults in this district, 7.1 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

Nearly one-fourth of adults in this area (23.0 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults in the South Heartland who had ever been told they had asthma was 11.7 percent, while 9.3 percent currently have this disease.

OVERWEIGHT AND OBESITY

Three out of ten respondents in this district (29.8 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 33.3 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, 63.1 percent of adults in this district were overweight or obese in 2007-2008.

Men in the South Heartland area (39.2 percent) were significantly more likely than women (27.0 percent) to report heights and weights that placed them in the “overweight” category.

FRUIT AND VEGETABLE CONSUMPTION

Less than one-fifth of South Heartland adults (18.7 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

One-fourth of the respondents in this district (25.0 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

One-half of South Heartland adults (49.7 percent) engaged in the recommended level of “moderate and/or vigorous” physical activity in a usual week. The current rate represents a significant increase from the 2005 rate of 34.2 percent.

Participation in the recommended level of “vigorous” physical activity in a usual week was reported by 25.4 percent of respondents from this area. Women in this district (17.3 percent) were significantly less likely than women statewide (27.0 percent) to engage in this level of activity. They were also significantly less likely than men in this district (32.7 percent) to have participated in vigorous physical activity.

TOBACCO USE

Among adults in the South Heartland District, 18.1 percent said they currently smoke cigarettes, either daily or on some days of the month. This rate represents a significant decrease in prevalence from 30.0 percent in this district in 2005.

In the current study, women in the South Heartland (13.5 percent) were significantly less likely to smoke cigarettes than men (22.6 percent).

Among current smokers, 58.9 percent reported trying to quit smoking at least once in the past 12 months.

The proportion of male respondents who said they had ever used smokeless tobacco was 39.8 percent in the South Heartland area, while 9.8 percent stated they currently use these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking in the past month was reported by 18.1 percent of adults in this area, with men in this district (27.8 percent) significantly more likely than women (8.4 percent) to engage in binge drinking.

Heavy drinking during the past 30 days was reported by 3.6 percent of adults in the South Heartland.

Drinking and driving was reported by 6.5 percent of adults in this area in the last month. Men in this district (10.3 percent) were significantly more likely than women (0.5 percent) to state that they engaged in this risk behavior. South Heartland women were also significantly less likely than Nebraska women overall (3.8 percent) to report drinking and driving.

CANCER SCREENING

Among women aged 40 and older in the South Heartland, 67.5 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 93.5 percent reported ever having a Pap test, while 73.2 percent said they had this test within the past three years.

Most men aged 50 and older (80.1 percent) in this area indicated that they ever had a PSA test to screen for prostate cancer, while 66.7 percent said they had this test in the past two years.

In the South Heartland District, 43.7 percent of adults aged 50 and older reported ever having a colonoscopy or sigmoidoscopy. This screening rate was significantly lower than the Nebraska rate (56.1 percent). Screening prevalence for men in this district (44.2 percent) was also significantly lower than the rate for men statewide (55.4 percent), as was screening for women (43.6 percent vs. 56.8 for women statewide).

Prevalence of blood stool testing in the past two years among persons aged 50 and older in the South Heartland District (33.1 percent) was significantly higher than the Nebraska rate (22.8 percent). Two-year screening rates were also significantly higher for South Heartland men (29.9 percent) and women (36.1 percent) than they were for Nebraska men (21.4 percent) and women (24.2 percent).

IMMUNIZATION

More than three-fourths of adults aged 65 and older in this district (78.9 percent) said they had been vaccinated for influenza in the past 12 months, while 73.5 percent reported ever having a pneumonia vaccination.

ORAL HEALTH

Seventy percent of respondents in the South Heartland (70.0 percent) had visited a dentist in the past 12 months, while 69.9 percent had their teeth cleaned within the past year. Women in this district (77.1 percent) were significantly more likely than men (62.5 percent) to have had their teeth cleaned within the last 12 months.

Three out of ten district respondents (31.1 percent) stated they had one or more teeth extracted due to decay or gum disease. Among respondents aged 65 and older, 16.2 percent reported having all their teeth extracted due to decay or gum disease.

SOUTH HEARTLAND DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN			WOMEN		
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS									
1. No health care coverage among adults 18-64 years old	873	15.9	NS	367	17.5	NS	506	14.2	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,316	10.6	Sig.	515	12.8	Sig.	801	8.4	NS
3. Needed to see a doctor in past year but could not because of cost	1,319	9.5	NS	515	6.3	NS	804	12.6	NS
4. Visited a doctor for a routine checkup within the past year	1,293	60.5	NS	504	54.5	NS	789	66.6	NS
GENERAL EMERGENCY PREPAREDNESS									
1. Household not prepared for major disaster	487	10.5	NS	196	6.7	NS	291	15.0	NS
2. Household has no disaster evacuation plan	489	78.2	NS	195	76.3	NS	294	80.2	NS
3. Does not have at least 3-day supply of water	491	56.0	NS	198	52.2	NS	293	59.1	NS
4. Does not have at least 3-day supply of non-perishable food	489	13.0	NS	196	11.8	NS	293	14.7	NS
5. Does not have at least 3-day supply of prescription drugs	492	6.9	NS	197	3.7	NS	295	10.5	NS
6. Household has no working battery-powered radio	487	14.5	NS	193	11.6	NS	294	17.8	NS
7. Household has no working battery-powered flashlight	489	2.7	NS	196	2.8	NS	293	2.7	NS
8. Household would not leave home if evacuation were required	451	6.3	NS	178	10.6	NS	273	3.3	NS
9. Household would use cell phone as main source of communication	456	73.3	NS	185	72.7	NS	271	74.5	NS
10. Household would use radio as main source of information	463	53.3	NS	190	53.7	NS	273	53.9	NS
HEALTH-RELATED QUALITY OF LIFE									
1. General health was 'good' to 'excellent'	1,317	85.0	NS	515	86.8	NS	802	83.0	Sig.
2. Average number of days (in past month) that physical health was not good	1,282	3.2	NS	504	3.2	NS	778	3.2	NS
3. Average number of days (in past month) that mental health was not good	1,298	2.8	NS	509	2.6	NS	789	3.1	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	656	3.8	NS	231	4.4	NS	425	3.4	NS
DISABILITY									
1. Limited in any way in any activities due to physical, mental or emotional problems	1,309	18.6	NS	513	18.8	NS	796	18.5	NS
2. Have health problems requiring use of special equipment	1,313	6.1	NS	514	5.3	NS	799	6.9	NS
MENTAL HEALTH									
1. Had serious psychological distress (SPD) in past 30 days	244	7.0	Sig.	110	5.4	NS	134	8.1	NS
2. Have current depression (based on Severity of Depression score of 10+)	231	5.2	NS	92	4.2	NS	139	6.2	NS
3. Lifetime diagnosis of depressive disorder	252	14.0	NS	98	9.4	NS	154	19.2	NS
4. Lifetime diagnosis of anxiety disorder	250	6.9	NS	97	5.2	NS	153	8.4	NS

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE									
1. Ever told they had a heart attack or myocardial infarction	1,315	4.3	NS	514	6.7	NS	801	2.3	NS
2. Ever told they had angina or coronary heart disease	1,309	4.4	NS	513	5.7	NS	796	3.4	NS
3. Ever told they had a stroke	1,315	1.9	NS	514	1.7	NS	801	1.9	NS
4. Ever told blood pressure was high	508	25.4	NS	206	26.6	NS	302	23.3	NS
5. Ever had cholesterol level checked	503	75.0	NS	204	67.2	NS	299	83.4	NS
6. Had cholesterol level checked during the past five years	499	71.5	NS	202	63.3	NS	297	80.1	NS
7. Ever told cholesterol was high, among those who had ever been screened	437	35.2	NS	170	37.3	NS	267	33.7	NS
DIABETES									
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,321	7.1	NS	516	7.1	NS	805	7.4	NS
ARTHRITIS									
1. Ever diagnosed with arthritis	495	23.0	NS	201	21.6	NS	294	24.2	NS
ASTHMA									
1. Ever told they had asthma	1,314	11.7	NS	514	10.9	NS	800	12.4	NS
2. Currently have asthma	1,313	9.3	NS	513	8.4	NS	800	10.3	NS
OVERWEIGHT AND OBESITY									
1. Obese (BMI=30+)	1,261	29.8	NS	511	32.0	NS	750	27.3	NS
2. Overweight (BMI=25.0-29.9)	1,261	33.3	NS	511	39.2	NS	750	27.0	NS
FRUIT AND VEGETABLE CONSUMPTION									
1. Consumed fruits and vegetables 5 or more times per day	498	18.7	NS	203	13.6	NS	295	24.2	NS
PHYSICAL ACTIVITY									
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,319	25.0	NS	515	25.8	NS	804	24.1	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	468	49.7	NS	195	55.4	NS	273	43.2	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	488	25.4	NS	200	32.7	NS	288	17.3	Sig.
TOBACCO USE									
1. Currently smoke cigarettes (either every day or on some days of the month)	1,314	18.1	NS	512	22.6	NS	802	13.5	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	197	58.9	NS	102	52.8	NS	95	64.6	NS
3. Ever used smokeless tobacco (males)	--	--	--	304	39.8	NS	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	113	9.8	NS	--	--	--

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	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION									
1. Engaged in binge drinking in the past 30 days	519	18.1	NS	216	27.8	NS	303	8.4	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,288	3.6	NS	496	5.0	NS	792	2.2	NS
3. Engaged in drinking and driving in the past 30 days	366	6.5	NS	181	10.3	NS	185	0.5	Sig.
CANCER SCREENING									
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	--	526	67.5	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	--	626	93.5	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	--	611	73.2	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	59	80.1	NS	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	59	66.7	NS	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	59	76.0	NS	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	59	42.4	NS	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	701	43.7	Sig.	259	44.2	Sig.	442	43.6	Sig.
9. Among adults aged 50+, had a blood stool test in past two years	648	33.1	Sig.	245	29.9	Sig.	403	36.1	Sig.
IMMUNIZATION									
1. Had a flu shot in past 12 months (aged 65+)	442	78.9	NS	145	81.5	NS	297	77.1	NS
2. Ever had a pneumonia vaccination (aged 65+)	435	73.5	NS	141	70.0	NS	294	75.9	NS
ORAL HEALTH									
1. Visited the dentist in past 12 months	808	70.0	NS	308	63.8	NS	500	76.2	NS
2. Had teeth cleaned in past 12 months	729	69.9	NS	283	62.5	NS	446	77.1	NS
3. Had one or more teeth extracted due to decay or gum disease	799	31.1	NS	309	30.7	NS	490	31.6	NS
4. Had all of their teeth extracted (aged 65+)	278	16.2	NS	82	11.9	NS	196	19.4	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska